



**KIDS
DIG
FOOD
CAMP**



2019

COOK BOOK





Many thanks to the following people and organizations for their support:

- Wetzinkwa Community Forest Corporation (Grant)
- Bulkley Valley Community Foundation (Grant)
- Simone and Joe Hug at Healthy Hug Organic Farm for the farm tour, carrots and mud kingdom!
- Grendel Group and Dmitri for the use of their kitchen and some of their yummy veggies
- Lyse at the Femmelyse Garden for the tour, veggies and raspberries
- Bulkley Valley Wholesale for non-local food donation
- Alpine Plant World for donation of seeds and starts for the Muheim Garden
- Nature's Pantry for other non-local foods at a good price
- Seaton Mountain View Farm (JF and Jackie) for the strawberries
- Sacha and Juliette Fleury-Allen for picking Saskatoon berries for the smoothies and desserts
- Elliot Thomas and his mom Marie-Lou for picking and donating the raspberries
- School District #54 for the garden space

A BIG thank-you to our amazing staff:

Brandi, Darah, Jen, Carly, Helene



The Magic Fruit Loops: Sivaeri, Alina, Kaiya, Juliette, Ethan, Willa



The Rainbow Dragons: Macey, Finn, Taya, Anneke, Soleil, Kian



The Bulkley Bouncing Berry Busters:
Elliot, Yaeva, Lucia, Dorian, Casey, Sacha



RECIPES

Green Monster Smoothie
Superhero Strawberry Smoothie
Deceptively Purple Green Smoothie
kids Dig Kale Chips
Rainbow Roots Slaw
Kids Dig Pesto
Easy Peasy Salsa
Zucchini and Carrot squares
Green Martian Cake
Apple Icing for Martian Cake
Any Berry Muffins
Any Berry Cobbler
Secret Zucchini Brownies

**Ingredients highlighted in bold can usually be found locally*



Green Monster Smoothie

Ingredients

- 1 cup almond milk
- 1 cup de-stemmed **kale** leaves or baby spinach
- 1 large ripe frozen banana, chopped into chunks
- 1 tablespoon almond butter or peanut butter
- 1 tablespoon chia seeds
- Pinch of ground cinnamon
- 1 scoop of your favourite protein powder (optional)
- 2 to 3 ice cubes

Instructions

1. Add all ingredients into a high-speed blender and blend until smooth.

**From The Oh She Glows Cookbook.*

Superhero Strawberry Smoothie

Ingredients

- 1 cup **strawberries** (fresh or frozen)
- 1/2 cup cashews (must be unsalted, can be roasted or raw)
- 2-3 dates
- 1 tsp vanilla extract
- 2.5 cups milk or dairy alternative

Instructions

1. Place everything in a blender and blend!

Deceptively purple green smoothie

Ingredients

- 1 banana
- 1 big handful of **spinach/kale/chard** leaves
- 1 1/3 cups of frozen **Saskatoon berries**
- 1 medjool date
- 1.5 cups almond milk

Instructions

1. Blend all ingredients... If you're not using a super-high powered blender, it would be wise to add your almond milk, date and spinach at the bottom, and the banana and blueberries on top, to avoid it getting "stuck".

Kids Dig Kale Chips

Ingredients

- 1 bunch **kale**
- 1 tablespoon olive oil
- 1 teaspoon salt

Instructions

1. Preheat oven to 350 degrees F. Line a cookie sheet with parchment paper.
2. Remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and salt.
3. Bake until the edges are brown but are not burnt, 10 to 15 minutes making sure to flip the kale after 7-8 minutes.

Rainbow Roots Slaw

Ingredients

2 cups **cabbage** shredded
2 **beets**, grated
2 **carrots**, grated
3 **kale** leaves, chopped
1 **apple**, grated
3 green **onions**, chopped

Instructions

1. Finely chop kale and add to a large bowl.
2. Grate or finely chop cabbage.
3. Grate beets, carrot and apple.
4. Chop green onions
5. Add all ingredients to the bowl with the kale.
6. Toss with dressing. Serve.

Dressing

¼ cup tahini
¼ cup stemmed **cilantro**
1 clove minced **garlic**
2 tablespoon lime juice
2 tablespoon olive oil
1 teaspoon cumin
1/4 teaspoon salt
water as needed to thin dressing

1. Add all ingredients to a glass jar with fitted lid. Shake well until combined.

Kids Dig Pesto

Ingredients

1 cup **basil** leaves
2 medium **garlic** cloves
¼ cup sunflower seeds
salt to taste
¼ cup grated Parmesan cheese +
½ cup olive oil +

Instructions

1. Coarsely chop garlic
2. Remove stems from basil
3. Place basil, garlic, sunflower seeds and salt in a food processor and process until very fine
4. Little by little, add oil alternating it with parmesan cheese (add cheese and/or oil if needed)
5. Serve on bread, pasta, or grated zucchini and summer squash.

Serves 4-6

Easy peasy Salsa

Ingredients

1 cup **tomatoes**, chopped

½ cup yellow or orange **bell peppers**

2 medium **garlic** cloves

¼ cup lightly packed fresh **cilantro**

green onions to taste

½ medium **jalapeño pepper**, seeds and ribs removed, and roughly chopped

1 tablespoon lime juice, more if needed

½ teaspoon fine sea salt

Instructions

1. Chop tomatoes, peppers and garlic
2. Remove stems from cilantro
3. Remove seeds and ribs from jalapeno and chop roughly
4. Place all ingredients in a bowl and stir.

Serves 4-6

Zucchini and carrot squares

Ingredients

4 medium-large **zucchini**, grated
Dash of salt
2 large **carrots**, grated
1 tablespoon olive oil
4 large free-range **eggs**
1 ½ cup cheese
¼ cup **parsley**
2 green **onions**, chopped
1 **garlic** clove, minced
1 teaspoon **basil**
3 tablespoons grated Parmesan cheese
3 tablespoons sunflower seeds

Instructions

1. Preheat oven to 350 degrees F and lightly grease a baking dish.
2. Place grated zucchini in a colander and salt lightly. Let zucchini rest for 15 minutes. Squeeze moisture from zucchini until quite dry.
3. Heat oil in a large skillet over medium heat.
4. Add grated zucchini and carrot and sauté until tender crisp.
5. Meanwhile, in a medium bowl, beat eggs lightly. Mix in cheese, parsley, green onions, garlic, basil and the sautéed veggies.
6. Place mixture in prepared baking dish. Sprinkle with grated Parmesan cheese and sunflower seeds.
7. Bake for 30 minutes or until filling is set.
8. Remove from oven and cool before serving.
9. Cut into squares.

Serves 6

Green Martian Cake

Ingredients

3 cups loosely packed **kale**, woody stalks discarded
3 **eggs**
1 cup vegetable oil
2 teaspoons vanilla extract
½ cup **applesauce**
¾ cup granulated sugar
2 apples peeled and grated
2 cups plain flour
2 teaspoons baking powder
½ teaspoon salt

Instructions

1. Preheat oven to 350F. Grease and line 2 x 8”(20cm) round cake tins with baking paper.
2. Tear the kale leaves into bite-sized pieces and boil or steam for a few minutes until tender. Refresh by running under cold water, drain and purée well with a hand blender. It will still be slightly stringy. Set aside. (Alternatively, you can juice the kale to ensure smooth texture).
3. Beat the eggs, oil, vanilla, applesauce and sugar together well with an electric mixer. Beat in the kale puree and grated apple.
4. Sift in the flour, baking powder and salt and gently combine, taking care not to over mix at this stage.
5. Pour into the prepared tins and bake for 30 minutes or until an inserted skewer comes out clean.
6. Cool for 2 minutes in the tins and then turn onto a wire rack to cool completely.

Apple Icing for Martian cake

Ingredients

2 cups icing sugar

2 tablespoons butter softened

2 tablespoons **applesauce** smooth, puree if necessary

½ teaspoon vanilla extract

Instructions

1. Sift the icing sugar into a bowl, add the other ingredients and mix with an electric mixer until smooth.
2. Store in the fridge until ready to use. Frost the completely cooled cake.

<https://veggiedesserts.co.uk/kale-and-apple-cake-with-apple-icing/>

Any berry cobbler

Ingredients

3 cups **strawberries/raspberries/Saskatoon berries**
2 tablespoons fresh lemon juice
1/2 cup plus 4 tablespoons sugar, divided
3 tablespoons cornstarch
1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
6 tablespoons butter, chilled and cut into pieces
3/4 cup heavy cream or milk
Whipped cream or ice cream

Instructions

1. Preheat oven to 350 F
2. Combine berries and lemon juice in a medium bowl, set aside
3. Mix cornstarch with ½ cup sugar in a small bowl
4. Pour cornstarch mixture on berry mixture and combine well
5. Pour mixture in a 9 x 9-inch baking dish
6. Place flour in a large bowl
7. Add 3 tablespoons of sugar and baking powder
8. Cut in butter with a pastry cutter until mixture resembles coarse crumbs.
9. Stir in cream to make a soft dough.
10. Drop spoonfuls of dough over berry mixture.
11. Sprinkle remaining 1 tablespoon sugar over dough.
12. Bake about 50 minutes or until top is well browned and juices are bubbly.

Serves 8

Any fruit muffins

Ingredients

- 1 $\frac{1}{4}$ cup flour
- 1 $\frac{1}{2}$ teaspoon baking powder
- 1 teaspoon salt
- $\frac{1}{2}$ cup sugar
- 1 $\frac{1}{2}$ cup favourite **berry/rhubarb/apples**
- 1 **egg**
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup oil

Instructions

1. Mix flour, baking powder, salt and sugar together in one bowl
2. Beat egg, milk and oil in another bowl
3. Pour egg mixture over dry ingredients and stir to moisten being careful not to over mix
4. Fold in favourite berries/fruit
5. Bake at 375 F for 20 minutes

Secret zucchini brownies

Ingredients

- 2 cups **zucchini**, finely shredded (not tightly packed)
- 1 large **egg**
- 1/2 cup coconut oil, melted
- 1/2 cup maple syrup or **honey**
- 1 teaspoon pure vanilla extract
- 1/2 cup cacao powder
- 1 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup whole wheat or spelt flour

Instructions

1. Place zucchini in a colander while you are getting other ingredients ready. Preheat oven to 375 F and line 8 x 8 baking dish with unbleached parchment paper.
2. In a large bowl, add egg, oil, maple syrup and pure vanilla extract; whisk to combine. Add cacao powder, baking soda and salt; whisk until well mixed.
3. Give zucchini a gentle squeeze but do not ring out completely, add to a bowl and stir. Add flour and mix gently until combined.
4. Transfer batter into prepared baking dish and level with spatula. Bake for 25-28 minutes or until the centre is barely jiggly. Do not over bake, as brownies will have more of a cake consistency. A toothpick inserted has to come out somewhat not clean. If centre is too jiggly bake a bit more – ovens vary.
5. Remove from the oven and let cool for about an hour. Lift by the parchment paper flaps and transfer to a cooling rack to cool off completely. Cut into 16 squares.
6. Top with your favourite berries